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ABSTRACT OF THE DISCLOSURE

Traffic handling load on network servers is moderated by attenuating POP checks at proxy servers located across the network. Attenuation of POP checks is accomplished by intercepting each POP check packet at a proxy server that is nominally local to where the user is located. The proxy server permits a given user's initial POP check to proceed on through the network to the mail server. Thereafter, though, the proxy server only permits that user's received POP checks to proceed onward according to a predetermined algorithm, e.g., at intervals of no less than fifteen minutes. Overly frequent POP checks by a user are responded to by the proxy server (rather than the mail server itself) with a response indicating that the user that he has no mail (despite not knowing deterministically whether that is a true statement). Additionally the proxy server may buffer and delay the POP transactions to effectively allow only a predetermined rate of POP checks. Bandwidth loading on the network is managed by pushing e-mail message traffic out to the edges of the network at times when bandwidth demand is low. To accomplish this, a user's e-mail is cached at the proxy server nearest to his presumed location. This decentralizes the e-mail storage away from the mail server and spreads it out over the network at the various proxy servers. This cache action is preferably done when there is a lull in network traffic (e.g., at night). This has the effect of decentralizing the bandwidth demand on the overall network since the e-mail messages have a shorter distance to travel when retrieved by the user from the cache location at the proxy server.